

# Physical Activity



It's at the zoo.



It's in the rain.



It's in the park.



It's in the driveway.



It's at the office.



It's at the mall.



It's in the neighborhood.



It's in the garden.



It's on the sidewalk.

## It's Everywhere You Go.

Physical activity! It's in the house, in the yard, at the office, and even at the mall. Just 30 minutes of moderate physical activity a day at least five days per week is what you need. It can boost your energy and lower your stress and risk of chronic disease. It can be done as common activities – walking, gardening, and housework. They all count! If you think you can't do 30 minutes of activity, start with shorter amounts. Get more out of life with physical activity – It's Everywhere You Go!

Call 1-888-CDC-4NRG for more information.

**CDC**  
CENTERS FOR DISEASE CONTROL  
AND PREVENTION

